



Periódico

Free / Gratis

Asociación de Artes: 32 Years Of Progress And Change

By: Chris Courtright

It is December and normally Asociación de Artes (AdA) would be telling you about our Holiday Show – either that it is coming or how great it was! This year, we were unable to have our Holiday Show because of the loss of our event grounds. But never fear, we will find a new location, just not in time for Christmas 2024! Next year!

AdA is moving forward to thinking about our next event, the Artist Studio Tour, on February 12 from 10 - 4. We are always excited about this event as it is a crowd favorite and so much fun! And, as you know, a two in one event – an art show and *kind of* a home show! Then being right before Valentines Day, your shopping can be done easily right on the tour! This year we will be adding more stops – not so many that you can't see them all, but we just can't pass up some of the new artists in Los Barriles! We will keep you updated on the website about the details, and you will get complete details in the February/March issue of this magazine.

This year's Festival de Artes will be our 30th anniversary! The festival is one of the longest running festivals in Baja SUR too! Once again because of the loss of our event grounds, we are working on a plan "B", and as soon as we can share details, we will let you know. So, you still need to put March 15 on your calendar as that is the third Sunday of March and we all know that it is Festival de Artes day!..... Shouldn't that be a national holiday?!? More details as soon as we can share them and make the big announcement!

January will be the delivery of school supplies month, again. There are so many needs, and we will be asking for help with some of the needs of the schools. Many schools need painting, and they are happy to have your leftovers, so if you have a gallon or bucket or two or three that you are not using, that is enough to paint a classroom or two. If you would like to buy a few gallons or a 5-gallon bucket of paint, that would be great too! The schools have always been grateful for whatever color you have, but we try to get neutral colors so they can blend them together. We love the resourcefulness of the citizens here in Baja as they are willing to work with what we can get and are extremely grateful for it! Other countries should take a note or two!

Our collaboration with East Cape Health Center and Rotary International to deliver a truckload of school furniture was such a huge success, that we are going to try it again! We will be notifying you of our future plans and the need we will have. The furniture is free, it just takes funds to get it delivered, and for import taxes. It still ends up being a great deal when you divide it all out! And school furniture is such a big deal for all the schools and greatly needed. Schools are busting at the seams with new students as our community grows! And each student needs a place to sit and not have to share a desk!

Continued On Page 3



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The Asociación de Artes del Mar de Cortez A.C., Los Barriles, B.C. Sur, Mexico is a legal Asociación Civil Mexican corporation not affiliated with any other organization, association, club or business.

Volunteers Needed!

The Asociación de Artes needs volunteers to help support their programs that bring the arts to the local communities and the schools.

To learn more about these programs, visit: www.eastcapearts.com. If you would like to volunteer, send an email to: eastcapearts@gmail.com.

Call for Articles

East Capers is looking for fiction and non-fiction about our region and items that affect our residents. If you are interested in submitting articles, recipes, stories or your personal experiences in Baja, email your 1,000-words or less article to:

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Thank You!

This publication is possible with the help of the board members of the Asociación de Artes and members of the community.



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East Capers Periódico

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Los Barriles, B.C.S, Mexico

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La Paz, B.C.S, Mexico

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The opinions expressed within the articles in East Capers are those of the author and do not necessarily reflect the opinions of the Asociación de Artes del Mar de Cortez A.C.

Read the color version online at www.eastcapearts.com

Asociación de Artes Continued From Page 1

Asociación de Artes is celebrating its 32nd anniversary this year. The mission of art supplies to 21 East Cape Schools has grown and stretched out to be an all-encompassing school and student support service. We do it because we love to see the results of our work. You see it every time you see schools full of happy students – not school age kids wondering the streets. You see it when you hear about the number of students going onto higher education! You see it at local businesses with local students now working and building their futures. And you see it with the lower crime rates here in the area because our students/residents are well educated, and they see a future for themselves! What better reward could we have to make our efforts well worth it!

What I (speaking as the President of AdA, and Editor of this magazine) would like to convey to all our readers and friends is the old saying “*It takes a village*”, is so true if we want our paradise to remain a paradise. We have a responsibility to help where we can ensure that the locals feel like we are an asset to the community and that we remain a welcomed group. I have been coming to Los Barriles long enough to remember slower times and a smaller impact. There was no traffic except on parade day, you did not need reservations to go out, lines consisted of two people at the store, and we had one gas station (ok, the gas station part was not so great!). We could walk on the beach for miles without running into anyone, let alone motorized vehicles, fishing was plentiful and so was the domestic water and there were really dark skies at night showing millions of stars! I realize that change happens, progress comes and so do the people who also want a slice of Baja paradise. And that is good – if we make sure our impact is a benefit to the community and locals.

One big way we can ‘shrink our Gringo footprint’ is to volunteer with one of the several non-profits that are available here in East Cape. You have everything from helping kids & schools, feeding people, health care, animal welfare and children in crisis. As for Asociación de Artes, what we do to support education has made a huge difference in the lives of hundreds of kids over the last 32 years. We hope to continue for years, but we need volunteers that will give us some time. Asociación de Artes has lots of great volunteer opportunities mostly surrounding our events which lends to a great time for all!

With most of us retired, what better thing to do than to give back! Studies show that volunteering and giving back is a major factor in happiness levels, health and life satisfaction. We all want happiness and now you know how to get it! So, there you go, we solved one of the world’s problems! I look forward to your emails and helping you grow your happiness levels!

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Why Rotary?

By: Brant Dyer, President 2024/25

Why would a person join Rotary? For me, the answer has two parts. First I wanted to do something in retirement for the community we have loved for twenty years and where we now live full time. Second, when I applied to college, my first choice was out of my family's price range. I had some financial aid but was still \$2000 a year short. The Rotary Club of Memphis Tennessee offered me a \$2000 a year scholarship but with the provision that I speak to the 300-member club once a year to report on my progress. Scary stuff for an 18-year-old to speak in front of the mayor and prominent citizens of a large city but well worth it to fulfill a dream.

Rotary is a worldwide organization that can help with just about any community project. We don't have a singular focus but try to do what needs to be done. Yearly projects include sponsoring the day of the dead, health screenings at local schools, Christmas toy drive, Mother's Day and Children's Day events, spring parade, beach clean ups and of course keeping the barrels fountain we built years ago up and running. We provide two worthy students scholarships to help them achieve their dream.

We are currently installing a generator at the Centro de Salud (the Mexican health system clinic serving the local community) . We continue to supply the furniture and office equipment needed to our local schools (thanks to the hard work of Char and Edgar of the East Cape health Center in conjunction with the Rotary Club, the Association de Artes and so many volunteers this summer, the largest truck I've ever seen rolled into town from the US. It brought furniture which volunteers unloaded and delivered to the new high school in El Cardonal as well as twenty other local

schools). We are also working to improve Laguna Park and El Ancon sports area.

To pay for these projects, we have the 9th annual Taste of the East Cape fund raiser on Dec 7 from 5:30 to 9. This year we will have 12-15 local restaurants, an amazing silent auction, music, dancing and maybe a surprise or two. We also hope to show you our plan for a new children's playground in the center of town. This will be a big project filling a need brought to our attention by local parents—more to come on this.

We appreciate the support you give, both at the taste and throughout the year. The feeling you get when you provide a child with a toy and a blanket at Christmas or the satisfaction of finding a small health problem before it becomes a big one is hard to describe. We would love to have you join us. You can contact me at brantdyer@gmail.com or info@losbarrilesrotaryclub.org.

Visit our website at www.losbarrilesrotaryclub.org

Paul's One-Liners

By: Paul LaGloire

- ◆ Writing is conversing with yourself.
- ◆ It took me two years to write my book, including six months for my first page.
- ◆ Writing is to embroider good moments and overpaint the bad ones.
- ◆ Even at times innocent writing can get people mad as hell.
- ◆ Amazingly, every time you sit down to write, your brain gets constipated.
- ◆ To erase on white paper you white it out, and on black paper you black it out.
- ◆ Writing is putting words in a vault.
- ◆ After your book is written, you'll be forced to accept arrays of humility and degradation from your editors.
- ◆ Many have fallen asleep writing a book, and many have slammed it shut to never peek at it again.
- ◆ In the letter, he dared to call his laziness an "absence of occupation."
- ◆ Wanna exaggerate? put an "ism" after any word.
- ◆ What writers compose and revise grows into a creation.

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Muscle Mass and Aging

By: Jackie Reeves

Have you ever considered the role that muscle mass plays in aging? Age related loss of muscle mass has been directly linked to a shortened life span, blood sugar issues, frailty, illness and much more. After the age of 30, we start losing 3-8% of our muscle mass per decade. After 60 this number is even higher.

This involuntary loss of muscle is called “sarcopenia”. Perhaps the most concerning is the frailty that comes along with age-related muscle loss. Frailty increases the risk of falling and falling injuries result in broken bones, joint replacements, time in hospitals, and rehab centers- all of which increases the chances of further illness.

Current research reflects this too. A meta-analysis of 16 studies evaluated over 81,000 volunteers who had low skeletal muscle mass. The results showed that low skeletal muscle mass was significantly associated with an increase of all-cause mortality and a shorter life span.

What is the cause of muscle mass loss? While aging does cause predictable changes in the human body, research suggests that many of these changes are preventable or if not fully preventable at least work able...

As we age, we tend of become more sedentary. While building muscle is quite complex, in the simplest terms it is clear that we need to use our muscles to build them up, stay strong and ward off frailty. The best way to do that is with resistance weight training. And a very important point to know is that our muscular system is a robust storage place for blood sugar. Studies show that the greater your muscle mass, the lower your risk of developing type 2 diabetes. If we allow ourselves to lose muscle mass as we age, we also lose the ability to store and sequester blood sugar.

With all of this information in mind, then don't wait another day! Decide to add some strength training - resistance train-

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ing into your exercise routine at least 2-3 times per week. We can all reap the benefits of this as we collectively move into and through our later years.

Getting old is weird because you're still that same enthusiastic kid trapped in an antique body.

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How Is Christmas Celebrated In Mexico?

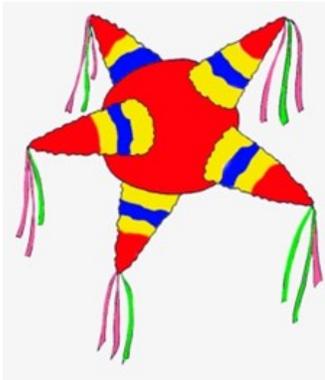
By: Lauren Cocking from Culturetrip.com

While countries like the US and the UK celebrate Christmas over perhaps a three-day period at best, from December 24th to 26th, Mexico goes one better – almost one month better actually! Festivities across the country begin on December 12th and extend right through to January 6th the following year. So just how exactly is this holiday period celebrated?

Everything gets kicked off with the tradition of *posadas*. While this literally translates to ‘inn’, over the yuletide period it refers to a series of processions or parties in which both children and adults participate. Traditionally, each night from December 16th through to Christmas Eve, various houses are decorated and children pass from door to door to sing a song and ask if there’s a figurative ‘room at the inn’. This recreation of the Christmas tale which sees Mary and Joseph doing much the same thing, only ends on Christmas Eve when they are finally invited in to celebrate and enjoy the party. In practice though, a *posada* most commonly refers to a generic Christmas party enjoyed in the run up to the festive season, with an abundance of food, drink and, of course, *piñatas*.

Piñata -

Aside from the *posada* tradition, Mexico is well-known for its love of an over-the-top Nativity scene, or *nacimiento*. While many houses will lay out their own interpretation, town centers also go mad for the tradition, with many places creating huge replicas of the manger, surrounded by animals, the Three Kings and shepherds. Baby Jesus, the undeniable main attraction, isn’t added until December 24th however.



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Oversized Mexican Christmas figures -

Speaking of which, in Mexico, unlike the US and the UK, Christmas Eve bears the brunt of the festivities rather than December 25th proper. Otherwise known as *Nochebuena*, Mexicans will typically take part in the final *posada* celebrations before enjoying a large and extravagant family meal and heading to mass to ring in Christmas Day. It isn’t uncommon for there to be fireworks and heaps of poinsettia flowers (a.k.a. *flores de nochebuena*) present during this time either. As in most of the Western world, the tradition of decorating a Christmas tree has also taken off in Mexico. Again, in town centers right over the festive period, you’re likely to come across enormous examples in the central plaza, decked out with lights and decorations to mark the occasion.

An additional Christmas period celebration in Mexico is that of Día de Los Santos Inocentes on December 28th, not to be confused with Día de Los Angelitos which takes place on November 1st. The most straightforward explanation for this day of mischief making is that it’s the Mexican version of April Fools’ Day.

But what about Santa Claus?! Well, he does ‘exist’ (so to

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Baja Shakespeare Turns 25!

By: Sheryl Segal

When Baja Shakespeare began a quarter of a century ago, most people thought it was a joke. A summer camp experience, or a talent show. “It will be fun, just for kicks”, we thought, “and then everyone will just go back to fishing and kite boarding and pickleball.” Well, here we are 25 years later with non~profit status, a musical director, live music, singing, and dancing and energetic community support.

Last season’s performance of The Addams Family Fiesta was enjoyed by over 600 members of the East Cape community. Old friends and new joined us onstage, behind-the-scenes, and in our audiences.

To celebrate our very special milestone Baja Shakespeare will be performing again this year in the beautiful Hotel Palmas de Cortez convention center. Our production of Madre Mia! opens in February. Performance dates are February 21, 22, 23 (matinee), 26, 27,28, and March 1. Watch for ticket sales in January.

We are often asked “What do you do with all the ticket money?”

Baja Shakespeare is proud to support local not-for-profits and our local businesses. The ticket money collected is spent right here in our community whenever possible. We shop for props, costumes, food to feed our dedicated actors and crew during rehearsals that stretch from morning till night, and the hundreds of items needed to bring our show to the stage. Other expenses include rent, as well as a storage unit rental for our stage, backdrop, costumes and lights. Over the summer we purchased sound mixing and production equipment, and extension cords, and next summer we plan to upgrade our lighting.

We have so much to be grateful for and want to make sure that each and every one of our supporters know how much we appreciate them.

We hope to see everyone at this year’s show where we will celebrate 25 years of Baja Shakespeare-thanks to all of you for keeping the arts alive by supporting us and allowing us to continue to bring live theater to Los Barriles.

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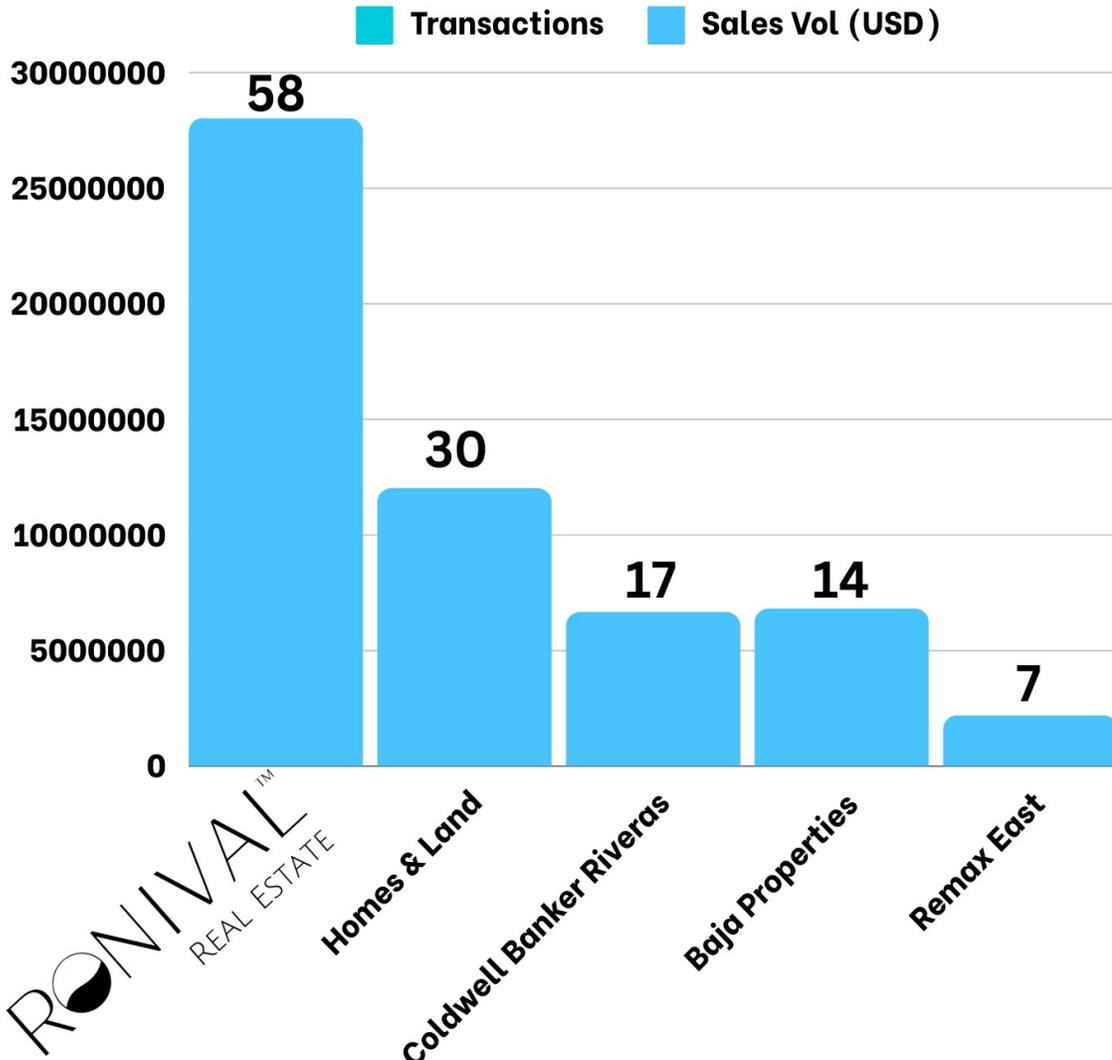
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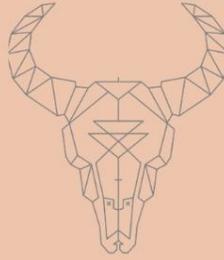
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Your Choice

By: Sefi Held

Those who have been teaching and promoting the benefits of Yoga and Pilates for any length of time know that it can sometimes take some doing to convince athletically inclined people (unless they are gymnasts or dancers), 20+ somethings, and avid gymgoers to give Yoga and Pilates a try—even when these movement practices have been recommended by a doctor or physiotherapist. Too many people suffer from injuries due to asymmetrical activities in their sport, employment, or unawareness in their movement patterns of daily living.

There are likely many reasons for this, including the deeply held belief (and myth) of "no pain, no gain." To many people, Yoga and Pilates can seem 'too slow,' likely because of the emphasis on breath, motor control and a mindful approach to neuromuscular conditioning. As a 75 year old teacher who knows the proven benefits of both a regular Yoga and Pilates practice, this misconception can feel very frustrating and at times, an obstacle for getting people to entertain the thought of changing their routines in this world of infinite distractions everywhere we go. I learned over time, to move more slowly or subtly in order to really feel what is happening in the interior of my body. It takes control to move slowly and deliberately, paying attention to the finer aspects of the joint position and keeping my muscles and soft tissues strong over time.

Fear not, though, because the reality is that those who do give Yoga and Pilates a try very often become converts who love to share their experience with others. And, at the end of the day, there is no better endorsement or promotion of what you love to do and for our profession than "word-of-mouth."

The addition of movement for ADL (activities of daily living) and functional movement into programming has increased exponentially in the last ten years and



every certification conference I have attended has added many more of these workshops into different styles of classes being offered now.

The key is finding that balance in whatever we do in life. After all, it is up to us individually to recognize when we need to add safe, healthy movements into our daily routine. So many things that we think are of extreme importance don't really matter very much at all when it comes to staying independent, active, alert and mobile. There is no secret to life and no magic path or pill. Every experience we share is golden and every experience informs who we are and who we will become. Don't put it off until "someday", your birthday or a New Year's resolution to make a positive change. Too many of my favorite people have passed sooner than expected and never achieved that mystical Someday! What do you want out of life - the choices are limitless!

We are extremely fortunate in the East Cape community to have so many movement specialists at our disposal, offering both group classes and private training sessions to suit your needs and budget. The next move is yours "motion is lotion"!



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Life of a Baja Dog: Part Three

By: Bill Osborne

Missy here- the beach dog extraordinaire. I thought you would like an update me. When we last communicated, I received six rounds of chemotherapy for my TVT (Transvaginal Tumor). Bill, Cheryl, and the veterinarian all hoped that I was cured. Unfortunately, that was not the case. After a few weeks, my urinary problem actually deteriorated. After every walk to relieve myself, I felt the urge to go again. No matter how hard I tried, nothing seemed to come out, so I made another visit to the vet. This time, she said, "I suspect something else is wrong with Missy. The only way I can know is to open her up and take a look. The surgery is expensive, so I will give you time to think about it."

Without hesitating, Bill and Cheryl asked, "When can you operate?" I felt bad because the surgery was a lot of money, but it was the only way to know what was wrong with me. The vet performed the surgery and sent biopsies to a lab in Mexico City. After a week, she called and gave us the news. "Missy has cancer of the urethra. Unfortunately, it is terminal. She has two years at best. The cancer will get progressively worse to the point where she will hemorrhage a lot. She is in constant pain, so I recommend that you give her medications for the pain every day. You will have to decide when the pain and suffering is too much."

Bill and Cheryl bought the medications, paid the bill for the surgery, and took me to their car. As soon as we got into the car, Cheryl burst into tears. I had never heard anyone cry before. What could I do to help? All I could think of doing was lick her hands. When the crying subsided, Bill drove us back to our Barilles home.

For the next month, life was still good. They took turns taking me to the beach where I could run, swim, and play my favorite game with Bill. It started when he grabbed my tail which, for me, meant "Game On!" I would run a few feet away from him, drop down into attack mode and run past him, jumping and pretending to snap at him. We loved this game! I finished each game with a swim in the Sea of Cortez and a hard roll in the sand. Afterwards, Bill took me to the washing station where he carefully rinsed all of the salt and sand from my dense fur. Because I was wet, I stayed outside until I was dry. That was just fine with me as I went to one of my favorite places, my mat under the trailer.

Once I was dry, Cheryl brought me inside for treats, fluffed up a pillow on the sofa and let me rest. One thing I noticed was I was sleeping more throughout the day. The vet had said that as the cancer progressed, I would sleep more. She was right.

On March 19, Bill and Cheryl took me to the airport, packed me into a crate and took me back to their home in Washington State. Unlike last year, I finally bonded with this beautiful place. Cheryl bought me two beds and created a few more places where I could sleep. One of my favorite landing spots was a stack of deck chair cushions that they had by the back door. I loved how soft they felt. It also gave me a

Continued On Page 15

julie shipman
PHOTOGRAPHER

Los Barriles

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Baja Dog Continued From Page 14

prime spot to watch them whenever one or both of them were in the kitchen. I watched intently whenever Cheryl cooked meals. My two favorite treats were chicken and salmon!

For the next few months, Bill took me out to play our game. I loved racing past him and jumping. One thing I noticed was a decrease in my energy level. Over time, the games became shorter, and I slept more each day.

I didn't make too many car trips, but there was one special time when they took me to Tri Cities, Washington where Bill was photographing unlimited hydroplanes. I had heard him talking with people on the phone about these race boats but had never seen them in person. The best part of the trip for me was meeting so many nice people there. Little did I know that I would there would be no more long road trips like this again.

As summer progressed, my life became slower. I started each day with a walk down the hill towards the Columbia River. I loved these walks. Before Bill took me, he picked up the lead, held it up and said, "Give me a kiss." I was so excited to go, so giving him a big lick on his cheek was part of the fun. My tail wagged constantly as we walked. Once we were in the lower yard, I did my duty, but now it was taking me longer to get the job done. Occasionally, I led Bill down to the water where I could swim. As In Los Barilles, I didn't spend a lot of time in the water, but it was fun!

Our games became shorter and less intense. Instead of playing hard, Bill and Cheryl scratched my chest and rubbed my tummy. I absolutely loved that! One thing I loved to do on the beach was rolling on my back. Now, I lack the energy to do that. Somehow, Bill and Cheryl knew what to do. After I gave up trying to pee, the one walking me, scratched be back, hard against the grain of my fur. It felt so good!

On September 30, Bill took for my usual walk, but something was different. Instead of going into the house, Bill took me to the side yard where he had a camera, and lights set up for a family portrait. Bill took a set of pictures and went into the house where he checked the results. He didn't like what he saw, so we repeated the process two more times until he said to Cheryl, "We got it!" I didn't know the significance of the day's event, but I would find out soon. My last couple of years were the greatest life a dog could have. I just wish I had more time with the best parents a dog could ever have!



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Mexican Oregano

By: Renée Lagloire, M.A. Anthropology

In Mexico, an herb called *orégano*, *orégano cimarrón*, or *hierba dulce* is an important ingredient in its cuisines. Known as Mexican oregano in English (*Lippia graveolens*), its leaves are more pungent than European oregano (*Origanum vulgare*) to which it is often compared. While the two often share a common name, they are not closely related.

The use of Mexican oregano predates the Spanish conquest, having its roots in ancient Mexican civilizations. It is known that among the ancient Maya, *Lippia graveolens* was a base ingredient in simple salsas made of mashed squash seeds and boiled dried chiles. Among the present day Tarahumara living deep in the Copper Canyon in Chihuahua, Mexican oregano is added, among other dishes, to their cornmeal mush (*esquiate*), as well as in *morcilla* which is a blood pudding.

Lippia graveolens has medicinal use in many parts of Mexico and Latin America. Brewed into a tea, it is widely used in homes for stomach aches, and as an anti-diarrheal remedy. It is also popularly thought to stimulate the onset of menstruation. Because of its pungency, the plant has attracted the attention of researchers interested in its anti-oxidant properties. It will be interesting to see what the findings show and how closely aligned the science is with the folk medicine.

Throughout modern day Mexico, Mexican oregano is used in the preparation of *sopa de tortilla*, *pozole*, *chilorio*, *pibil*, *tinga*, *mole*, *carne asada*, and a plethora of other dishes. It is typically included in meat dishes, but also in some vegetable and rice offerings. While subtle, the Mexican oregano brings a depth of flavor to

other ingredients and flavorings. The following recipe brings together achiote, garlic and Mexican oregano (among other ingredients) into a yellow rice that is complementary to any Mexican meal. It's very tasty. Enjoy!

Arroz Amarillo - Yellow Rice

The garlicky achiote and Mexican oregano paste:

- 2 teaspoons achiote paste
- 1/2 teaspoons allspice
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon dried Mexican oregano
- 1 tablespoon cider vinegar
- 2 garlic cloves, peeled and finely chopped

1. Combine the achiote paste (available at Mexican grocery stores), allspice, pepper, oregano, vinegar and garlic in a small bowl and use a fork to mix well to create a smooth paste.

2. Dribble in and work in enough water (usually around a tablespoon, but go slowly) to give it all the consistency of a thick but spreadable paste. You will need 2 Tbsp. of this achiote paste. Store the rest in the refrigerator for other uses.

The Rice:

- 1 Tbsp. olive oil
- 1 cup rice, preferably medium grain
- 1 small white onions, finely chopped
- 1 3/4 cups broth (vegetable, chicken, pork, or beef)
- 1 teaspoon salt (to taste)
- 2 medium carrots, chopped into 1/4-inch dice
- 1 cup fresh (or defrosted frozen) peas OR zucchini 1/4 inch dice
- Chopped cilantro, for garnish

1. In a heavy-bottomed saucepan, heat the oil over medium heat and add the rice and onion. Cook, stirring regularly and scraping up any sticky bits from the bottom of the pan, until the rice is chalky looking and the onion is soft, about 5 minutes.

2. Meanwhile, in a small saucepan, heat the broth and the 2 Tbsp of achiote paste, along with 1 teaspoon of salt. Whisk the broth mixture well, then add to the hot rice pan.

3. Add the carrots. Stir once, scrape down any rice kernels clinging to the side of the pan, cover and cook over medium-low for 15 minutes.

4. Uncover and bite into a grain of rice: It should be nearly cooked through. If the rice is just about ready, turn off the heat, stir in the peas or zucchini, re-cover, and let stand for 5-10 minutes longer to complete the cooking.

5. Fluff the rice, scoop it into a warm serving dish, sprinkle with cilantro and serve.



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Better Together, It Takes A Community

By: Nancy McGrew

Dog rescue can be heartbreaking at times but also can bring heartwarming events that deserve celebration. Recently Cortez Rescue had another one of those days!

A recent Sunday showed how caring individuals and multiple Rescues working together can make a huge difference in the lives of homeless dogs. We are all in this together and as the motto goes "It's all about the dogs".

Michel Castro, a local friend from Santiago and an alumnus of Cortez Rescue and Outreach, found a litter of puppies needing help. He selflessly sheltered the Momma and babies in safety providing them with food, water and protection. Knowing these dogs needed long-term help he reached out to Cortez Rescue for assistance. Unfortunately, Cortez Rescue was currently crowded and short on fosters and was unable to take in this family of dogs but willingly provided help to Michel so he could continue fostering them until a more permanent answer could be found.

Sergio Pimental Amador, one of the founders of the Mexican Non-Profit Cortez Outreach, knew who to call. He reached out to Evaristo Castro Rosas and Aida Trujillo of PET Los Cabos (Programa de Esterlizacion Temprona) and asked for their help. Thankfully, Evaristo and Aida offered to take in this litter and raise them until permanent homes can be found. So, Sergio, Michel and all the dogs set off to meet their new rescue heroes, Evaristo and Aida.

We all should celebrate that working together is the answer with each doing what they can:

Local citizens and long-term visitors can rescue and care for abandoned, homeless dogs with support from Rescues. If you have the time and safe space to protect the dogs, Cortez Rescue and Outreach is happy to help provide food and medical support for these "self rescues" in our service area. Your added love and attention to these dogs is the key to a successful lifesaving rescue.

Volunteering to help with the Rescue dogs at shelters and volunteering to foster when you can go a long way to help our Beautiful Baja Dogs. Local citizens and visitors (long or short term) are welcome to join in this rewarding work. You can reach out for more information at info@cortezrescue.org

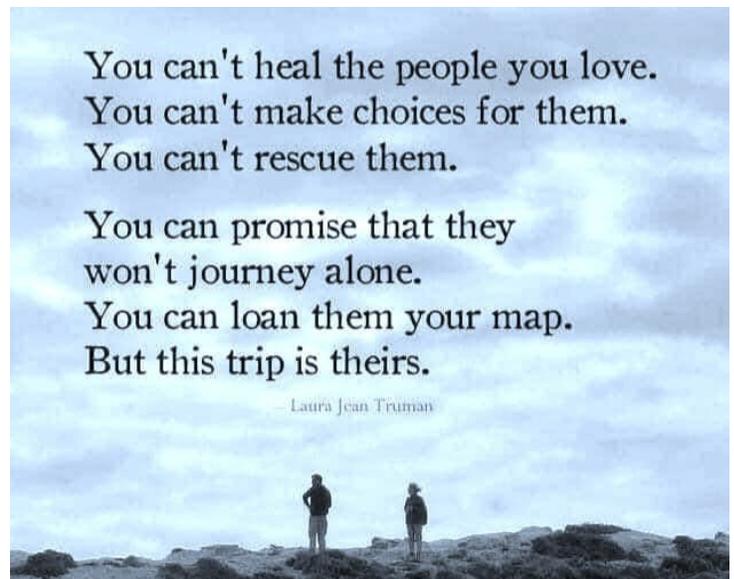
Rescues working together is key. We all care about the same things and are not in competition. Each Rescue has its strengths and challenges, but cooperation is what gets the job done and the dogs saved.



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We are sending a huge THANK YOU to Michel for rescuing these dogs and caring for them as fosters, to Cortez Rescue and Outreach for supporting Michel's foster work, to Sergio for knowing who to call for help and for driving the dogs to their new home and especially to Aida and Evaristo for always being willing to help all the animals. Celebrating all of these wonderful people and what they do to make our world better! Thank you, thank you, thank you!

Continued On Page 18



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Cortez Rescue Continued From Page 17

Cortez Rescue is calling all interested folks to join us as we transition to a volunteer lead organization. You can be anywhere in the world and still support our mission.

Here are some key areas where help is needed:

- Promote Cortez Rescue Dogs for adoption
- Create a Cortez Rescue Foster network in your hometown
- Help with transporting dogs north to their forever homes - transportation such as booking flights, coordinating flight escorts, airport drivers and pick up people.
- Social media! Share about our dogs on FaceBook and Instagram.
- Be a Foster and/or Help with Fosters! Get regular updates about our dogs, visit our dogs in foster.
- Kennel tracking! Keep track of kennels that flew out, where they went and coordinate getting them returned.
- Online work in our rescue management system by keeping dog profiles up to date on our website.
- As always, we are looking for more local volunteers to work directly with the rescue dogs to socialize, train, puppy cuddle and in general love on them to reinforce that they are safe and can count on the humans to care for them from now on.

Please visit www.cortezrescue.org for more information and to submit an interest in volunteering.



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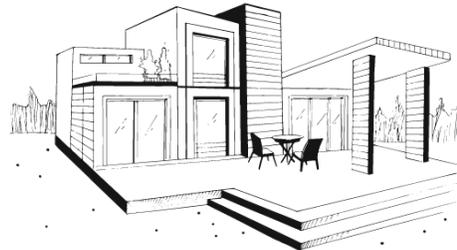


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East Cape Christian Fellowship

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You can also hear the Sunday or Tuesday message on the North Coast website or download the North Coast app. North Coast Church App.

Or by visiting our website at www.eastcapechristianfellowship.com

We wish all of you to have a blessed and joy-filled Christmas Season!

God Bless and Go to Church!

Luke 2: 10—11 And the angel said unto them, "Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David, a Savior who is Christ the LORD"



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The East Cape Guild Scholarship Fund Enriches The Community

By: John Plotkin

East Cape Guild's scholarship recipients have become business owners, architects, engineers, political leaders and doctors. The Guild is very proud to have helped promising young students achieve success. This year the Guild raised funds to provide scholarships for 290 students including 87 college students and, in May, celebrated its first college graduates!

The Guild raises money by bringing quality music, entertainment and fun to the East Cape. On Saturday, December 14, 2024, the Guild will bring a Linda Ronstadt cover band from the United States to Hotel Palmas de Cortez. This band, which has been pleasing crowds to rave reviews throughout the United States, makes its first appearance in Los Barriles. General admission tickets are available online through Event Brite and tickets will be for sale in Los Barilles at offices of Homes and Land of Baja and Baja Properties.

Tamale Night will again be celebrated at the Concha on February 2. Five local communities compete for best tamale honors. The Guild provides salads and desserts. There is live music, Jello shots and a mechanical bull. And the winner is . . . all of us who get to celebrate this great day!

The event of the year is the Guild's third Singer/Songwriter concert on the weekend of March 7, 2025. Singer/songwriters from Nashville's Combustion Music return to Los Barriles for a Friday night VIP dinner (already sold out) and community concert on Saturday March 8th. Both of these events will be hosted for a second straight year by the Hotel Palmas de Cortez which provided a great venue for these amazing musical events and provided room packages for interested attendees. This was one of the truly epic events of 2024





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and was so well received that the Guild's supporters at Costa Palmas will possibly expand the event to include a third concert at Costa Palmas. Stay tuned for details on ticket sales for these events which will be communicated on FB Everything Los Barriles, the Baja Pony Express, the Gringo Gazette and on the Guild's Facebook page.

Open Mic night every Wednesday night has moved to Restaurant La Playa. The Guild is grateful to local and visiting musicians who share their music and raise money for scholarships every Wednesday night.

Finally, the Guild gratefully accepts cash donations and in-kind donations for those simply interested in sponsoring a scholarship student or donating to the Guild. Donations to the Guild can be made tax deductible (in the U.S.) by donations through the International Community Foundation at www.ICFDN.org (designated for the East Cape Guild) or directly on the Guilds website www.eastcapedguild.com.



The Story of Our Lady of Guadalupe

By: Francesca Merlo

December 12th is the Feast Day of Our Lady of Guadalupe. We take a look at the story behind the indigenous peasant who came across the Patron of the Americas, and how he fought for her message to be heard.

The Virgin of Guadalupe, like the shroud of Turin, appears on a piece of fabric. Both are sacred objects, hundreds of years old, and both depict an image said to be miraculous. The Virgin of Guadalupe was declared Queen of Mexico and is Patron of the Americas.

First apparition

Our Lady of Guadalupe first introduced herself as the Mother of God and the mother of all humanity when she appeared on the hill of Tepeyac in Mexico in 1531. An indigenous peasant, Juan Diego, saw a glowing figure on the hill. After she had identified herself to him, Our Lady asked that Juan build her a shrine in that same spot, in order for her to show and share her love and compassion with all those who believe.

Afterwards, Juan Diego visited Juan de Zumárraga, who was Archbishop of what is now Mexico City. Zumárraga dismissed him in disbelief and asked that the future Saint provide proof of his story and proof of the Lady's identity.

Juan Diego returned to the hill and encountered Our Lady again. The Virgin told him to climb to the top of the hill and pick some flowers to present to the archbishop.

Winter bloom

Although it was winter and nothing should have been in bloom, Juan Diego found an abundance of flowers of a type he had never seen before. The Virgin bundled the flowers into Juan's cloak, known as a tilma. When Juan Diego presented the tilma of exotic flowers to Zumárraga, the flowers fell out and he recognized them as Castilian roses, which are not found in Mexico.

What was even more significant, however, was that the tilma had been miraculously imprinted with a colorful image of the Virgin herself.

Tilma

The actual tilma (or cloak of Juan Diego), preserved since that date and showing the familiar image of the Virgin Mary, with her head bowed and hands together in prayer, represents the Virgin of Guadalupe. It remains perhaps the most sacred object in all of



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The story is best known from a manuscript written in the Aztec's native language Nahuatl by the scholar Antonio Valeriano. It was written sometime after 1556.

Over 20 million people visit the Basilica of Our Lady of Guadalupe each year, now situated on the very same hill on which she appeared.

In 1990, Pope Saint John Paul II visited Mexico and beatified Juan Diego. 10 years later, in the year 2000, he was declared a Saint.



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Computer Guy's Really Big News!

By: Lane Sykes

The big news: Amazon has just released their dates for Black Friday sales – November 21 to December 1. If you can afford to wait, there should be some real bargains. My favorite streaming device is the Amazon Fire Stick 4K. I added the app for Express VPN or Nord VPN. The Fire Stick has no location information stored which simplifies connecting to content in the US. The VPN will virtually put your device in the US. It's a cheap addition for guest rooms. My most favorite is the Apple TV box. VPN apps are available as well. The software is far more robust, which includes Dolby vision and sound. That software, with the addition of a 3.1 or 5.1 sound bar will provide you with amazing sound, including voices from the center channel. Stereo 2.1 bars do not provide great voice clarity when compared to 3.1 systems. While I'm on the subject, newer TV's have reduced bezels. The manufacturers put the speakers on the back of the TV. No wonder they sound muffled.

It's the time of the year when all of us "snowbirds" arrive and overwhelm the East Cape area. There are always some basic tech questions that we need answered. The first one is usually the internet. Finally, we have options. Starlink and TelMex Fiber optic are the big new players. Toronet and FiberTech have been with us for a couple of years.

Starlink is a low earth orbit series of stateliest that show us with relatively high-speed internet data. There is a downside beginning to show in the East Cape. So many folks have joined the Starlink network that speed is being sacrificed. In high density areas, Starlink changes a surcharge. As of July 2024, Starlink has 6,206 satellites in orbit of the planned 12,000. When the number of satellites increases, so will the internet speed. The newest Starlink satellites in orbit will offer cellphone capability. That will enable you to communicate with your cellphone in areas that have no towers. By the way, both iPhones 14 and newer as well as Google Pixel 8 offer limited emergency data over satellites. Unfortunately, not available in Mexico.

Fiber optic is available in the East Cape from two providers, TelMex and ToroNet. I have TelMex Fiberoptic and it is very fast both up and down. The TelMex system offers phone as well as internet through the same modem/router. The cost is surprisingly cheap. ToroNet has been fairly aggressive burying their own fiber cables. Both ToroNet and FiberTech offer long range wireless high-speed internet.

While your speed may vary or perhaps slower than your neighbor on the same system, there are some

simple things to try. Not all cables are created equal. When I switched from Cat 5 cables to Cat 6 cables, my speed doubled. Cat 5e will work to increase speed as well. Not all routers are created equal. Most routers provided by carriers are often not robust enough to carry super high speeds. I recommend Eero Mesh routers. Easy to set up. Probably on sale at Amazon's Black Friday sales. Eero is owned by Amazon. The modem/router from Starlink is just okay in most cases. You can add an Ethernet adapter with an external mesh system for faster and longer-range coverage. Mesh routers are superior to routers with extenders. Extenders have only one channel for inbound and outbound traffic. That cuts your speed in half. Mesh routers have a back channel to allow simultaneous traffic.

Speaking of satellites, you can google search for Starlink Launches from Vandenburg for their latest schedule of launches. If you haven't seen one at night, they are spectacular to watch. The rocket will first appear over the horizon in the San Bartolo area of the sky. It flies about 100 degrees through the sky. A truly amazing show. Once I get the schedule time, I tune into YouTube to watch the actual liftoff from Vandenburg, CA. Give it a couple of minutes and run outside (walk if you're my age). Warning, there are replays on YouTube of previous launches. Make sure you are watching Live!



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East Cape Health Center – Specialized Medical Care

By: Char Wenger

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Thanks to our ongoing growth and strategic partnerships with hospital organizations, we now offer specialized care right here in Los Barriles.

Specialized Services at Our Clinic

Hospiten, one of the hospitals receiving emergency transfers, provides its specialist physicians for frequent consultations at our clinic. Each specialist begins their collaboration with an informative conference detailing their area of expertise.

Recently, Dr. Hugo Burgueño, a specialist in Internal Medicine, delivered a conference on Metabolic Syndrome, offering valuable insights for all attendees. Starting in late November, Dr. Burgueño will begin a regular consultation schedule, complementing the work of our general physicians with on-site specific recommendations and performing essential preoperative evaluations for those planning surgeries.

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* To avoid confusion, please note that this line is exclusively for the on-call physician, who rotates weekly to handle emergencies. If you need information about lab tests, X-ray costs, or other services, please use the appointment line during business hours.

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SIBO or SIFO?

By: Kathinka Roesiger

There are many diagnoses out there when it comes to un-specific gastrointestinal symptoms. SIBO is one of the most common ones you hear along with IBS and Leaky gut.

SIBO is short for Small Intestinal Bacterial Overgrowth – which means some bad or even commensal bacteria (commensal meaning bacteria that are normally present and harmless) have multiplied too much in any part of your small intestine. SIBO can be categorized further into methane dominant SIBO or IMO (caused by Achaea – those are similar to bacteria) hydrogen dominant SIBO or hydrogen sulfate SIBO (both of those caused by different strains of bacteria).

SIFO is short for Small intestinal Fungal Overgrowth – which means some kind of fungus – again bad or commensal (the best-known one being Candida) has multiplied excessively somewhere in your small intestine.

The symptoms we find with SIBO or SIFO are very similar to IBS and leaky gut and often SIBO or SIFO can actually cause IBS and/or Leaky Gut.

Symptoms overlap in all cases, which is why it is so often hard to figure out which issue your body is dealing with and how to treat it correctly. Add to that that in some cases both SIBO and SIFO are present. There are gastrointestinal symptoms, but also other physical symptoms you should look out for:

IBS Symptoms

Abdominal bloating (gas)

–belching, flatulence

Abdominal pain, cramps

Constipation, Diarrhea, both (sometimes fatty stools due to malabsorption)

Other symptoms

Heartburn (Reflux or GERD)

Nausea

Leaky Gut Symptoms

Food Sensitivities

Headaches

Joint Pain

Fatigue

Skin issues (such as eczema or rashes)

Respiratory symptoms (such as asthma)

Mood symptoms (such as depression)

Brain Fog

Do I have SIBO or SIFO

Aside from probably having something alongside the SIBO/SIFO such as IBS or Leaky gut it can help you to know, if you have more of a bacterial or a more of a fungal problem in your intestine.

The bacteria involved in causing SIBO thrive more on fiber rich foods while fungi and yeast love starches and sugars.

You may already know which foods give you more

gastrointestinal symptoms. But if you are not sure you can follow either the SIBO or the SIFO diet for a couple of weeks to see if this improves your symptoms.

Here are some principals for a SIBO Diet:

1. Avoid raw food/salad, whole grains & beans
2. Careful w/ nuts/seeds & winter squash. Coconut bothers many.
3. Choose LOW FODMAP fruit and vegetables (there are many LOW FODMAP diet apps where you can check which foods are low in FODMAPS) – Choose ripe, soft produce. Avoid harder, fibrous plants/parts
4. Starch may be tolerated: white rice, white potato, white wheat (if gluten is tolerated). Often one of these is tolerated but not another.
5. Lactose Free dairy is often well tolerated
6. Sugar & clover honey are often well tolerated (unless there's also fungal overgrowth)
7. Cocoa is often tolerated
8. Amount matters- small amounts of individual foods may be tolerated when larger amounts aren't.

Here is what you CAN eat on a Antifungal diet:

- Any oils or fats
- Grains: only gluten free, unrefined, yeast free - for example quinoa, millet, whole grain rice, buckwheat, lentils
- Vegetables: everything except for white potatoes and mushrooms
- Fruit: None for 2 weeks - then 1 serving daily (no bananas)



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SIBO OR SIFO Continued From Page 27

- Proteins: all meat, fish, eggs
- Dairy: only unsweetened yogurt/skyr
- Spices: all
- Sweeteners: Monk Fruit, Stevia, Xylitol
- Beverages: water, all teas, sparkling water, unsweetened milk alternatives

Avoid this:

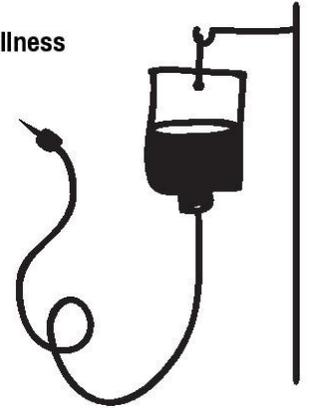
- Any refined sugar or anything with added sugar (this also means no honey or sirup)
- peanuts and pistachios
- potatoes and mushrooms
- alcohol
- dried fruit & fruit juice
- vinegar
- dairy: cheese, milk
- most fermented food
- white refined or yeasty grains (baked goods)

If you stick to one of the above diets for a couple of weeks and feel better, then keep going for 2-3 month. This will starve the overgrown bacteria or fungi so you can get some relief. Once the 2-3 month are over you can start introducing foods that you left out one by one to see if they still cause you any trouble or not.

Diet alone however is often not enough. Often you get better results if you treat the SIBO or SIFO while also

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doing the special diet...there are both herbal and medicinal treatments available. Not every treatment is successful for everyone so you will have to find the treatment that works best for you and the kind of SIBO/SIFO you are dealing with.

Be very aware of any other physical symptoms. If you have fungal overgrowth in your gut it may also show up elsewhere. People with SIFO often also present with toe nail fungus, athlete's foot, a white coated tongue, itchy skin, vaginal yeast infection and tend to crave sugars more. With Hydrogen dominant SIBO diarrhea is more common while with IMO I see more constipation – but as mentioned previously – you may also switch between the two with SIBO IMO or SIFO.

Please note that when I am referring to SIBO, IBS or any of the above the symptoms described should be present for at least 3 month or more – if they just started you might be dealing with an acute stomach infection or a parasite or something else. Also if intestinal pain is severe, you suffer from very strong diarrhea, vomiting or see blood in your stool you need to see a doctor right away.



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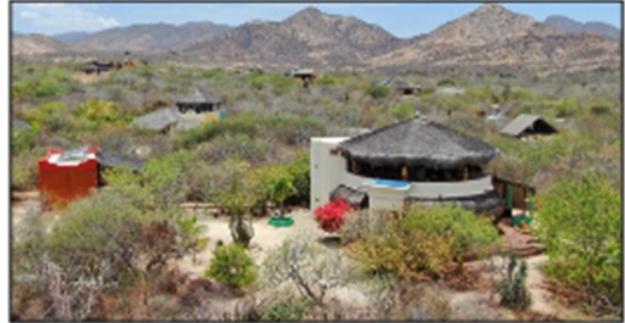
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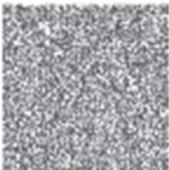
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The John Gullo Home for Children: A Successful Soft Opening and a Big Opportunity to Help Open Our Doors

By: Adam Greenberg

Last month, the John Gullo Home for Children in El Cardonal, reached an important milestone with its soft-opening. After years of planning, fundraising, and construction, this facility is now ready to serve its purpose: providing temporary shelter and care for children whose families are facing a medical crisis.

The ribbon-cutting ceremony on November 23rd was a moment of celebration and gratitude. Community members, supporters, and volunteers came together to tour the facility, meet the team, and see the impact their generosity has already made. From the welcoming children's bedrooms to the spacious kitchen and communal areas, every corner of the home reflects the care and commitment of those who have helped bring this vision to life.



What Happens Next?

While the home is now complete, our work is far from over. Before we can begin welcoming children, we need to secure 18 months of operating expenses to ensure the facility is fully prepared to meet the needs of its residents. Operating costs include essential items like utilities, food, and round-the-clock staff to provide the care and stability these children deserve.

To cover these costs, we need to raise \$157,500 USD.

Your Gift Can Go Twice—or Four Times—As Far

Here's the exciting news: a generous donor has stepped forward with an incredible offer to help us reach this goal. They have pledged a \$75,000 donor match, offered in three installments of \$25,000. For every dollar donated, they will match it, doubling the impact of every contribution.

But there's more. If you sign up for a recurring monthly donation, your gift will be matched three times, quadrupling your impact this year! Recurring donations are critical for ensuring the long-term sustainability of the home, allowing us to focus on the children and families who depend on us.

Imagine this: your \$25 monthly donation becomes \$100 this year, thanks to the donor match. Every contribution, no matter the size, brings us closer to opening our doors and creating a safe, nurturing environment for children in need.

A Community Effort

The success of the soft opening and the progress we've made so far would not have been possible without the incredible support of our community. From the volunteers who helped paint buildings and assemble furniture, to the donors who contributed to building and furnishing the home, this project has been a true labor of love.

But the need in Baja California Sur remains urgent. Over half of the population lives in poverty, with women and children being disproportionately affected. For families needing to seek medical treatment, the challenge of finding safe care for their children is often insurmountable. The John Gullo Home for Children was built to change that.

Continued On Page 31



Gallo Home Continued From Page 30

How You Can Help

Now, we're asking you to be part of the next chapter in this story. By participating in the donor match campaign, you can help us raise the funds needed to open the home to children who need it most. Every donation brings us closer to opening the doors to vulnerable children.

Visit leaders2give.org/donor-match-2024 to learn more about the donor match and watch the progress as we meet each \$25,000 milestone. Together, we can unlock the full \$75,000 match and ensure the John Gullo Home for Children can begin its vital work.

Leave a Legacy

For those looking to make a lasting impact, there are still opportunities to sponsor buildings, rooms, or other spaces within the facility. Naming rights allow you to leave a legacy that reflects your commitment to helping vulnerable children and families. Contact us to learn more about these unique opportunities.

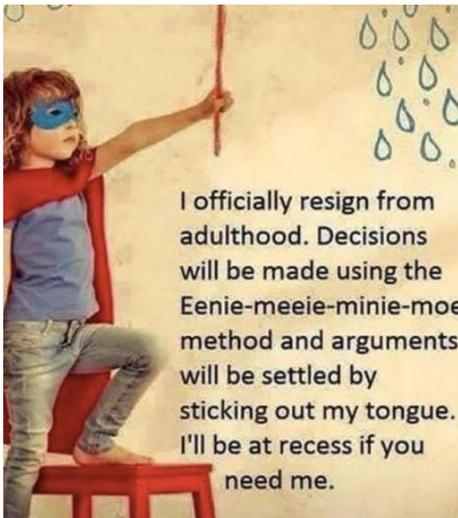
Together, We Can Make It Happen

The soft opening was a moment to celebrate how far we've come, but it was also a reminder of the work still ahead. With your help, we can raise the funds needed to open the John Gullo Home for Children and provide a lifeline to families throughout BCS in crisis.

Visit leaders2give.org/donor-match-2024 to donate and learn more today.



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Christmas in Mexico Continued From page 8

speak) in Mexican Christmas celebrations, although he stops by Mexico on the evening of December 23rd and early hours of December 24th to leave presents. Typically, Mexican children used to expect the delivery of their much longed for gifts on the Día de Los Reyes (January 6th, otherwise known as Epiphany). They would write a letter to the Reyes Magos, before sending it into the sky tied to a balloon and leaving a shoe on their windowsill in which to receive the presents.

While this tradition endures in the south of the country, most other places have adopted a more Western approach to present delivery. Even without presents though, January 6th marks an important date in the Mexican Christmas calendar, as it's when the sweet bread known as Rosca de Reyes is eaten. Hidden within this oval shaped loaf, which is decorated with jellied sweets, are tiny figurines of baby Jesus. But you don't want to be the one to find him in your slice, because tradition dictates that the Jesus-finder must buy everyone *tamales* on February 2nd during *Candelaria*, or Candlemas.

While celebrations are generally the same format across the country, there are still some regional traditions worth mentioning, most notably Oaxaca's Noche de Rábanos (Radish Night) which is held annually on December 23rd, and celebrates all things created from radishes. In Yucatan, there's a Mexican take on Christmas caroling over the festive period, whereas the State of Mexico's Tepoztlán, in contrast, is known for its *pastorelas*, or Nativity plays.



The poinsettia has a long history, dating back to the Aztecs in Mexico, and has been associated with Christmas since the 17th century:

The Aztecs cultivated poinsettias, using the bracts to make a reddish dye and the latex to create a medicine. The plants were prized by Kings Netzahualcyotl and Montezuma.

In the 17th-century Mexico Franciscan monks in Taxco de Alarcon began using the poinsettia in their Nativity processions.

In 1825 Joel Roberts Poinsett, the first U.S. ambassador to Mexico, introduced poinsettias to the United States. He sent plants to his home in South Carolina and gave them to friends and botanical gardens

The botanical name for the poinsettia is *Euphorbia pulcherrima*, which means "the most beautiful Euphorbia".



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Happy 15th Anniversary Los Barriles Community Market!

By: Michelle Melehes

We kicked off the 2024-25 season on Saturday November 16th with a full house. Great turnout and great vendors made for a great time for all!

The market has returned this year under new leadership with Jose Luis Miranda heading up the Market. Same great Market with a new great leader.

After 15 years the Community Market has become an institution here in town thanks to a solid group of vendors and great community support.

A typical Sat Market starts with coffee from Cafe Artesano and maybe some tasty pastries from Pan o Les, Mango Bakery or Cesar from San Antonio Pizza. You can move on to a great selection of prepared meals from Bella's French Cuisine, Argentine empanadas, Rebecas quesadillas, Kung Fu Asian. Emelio, the Pie Guy offers his famous and fabulous pies, the Sausage Ladies top off the list with their tasty homemade German Sausages. Oscar, our veggie man shows up with great seasonal organic vegetables and greens. And we have fresh juices and smoothies to satisfy your taste buds! With more

than 50 vendors at the market to choose from you won't go home empty-handed. There is also plenty of other vendors to get everything from clothing, jewelry, home goods, art and so much more!

The Community Market has been a great venue to promote the many non-profits our generous town supports -Rotary, the Turtle group, the East Cape Guild, Feed the Hungry, Cortez Rescue and Asociación de Artes. All these groups are there so you can find out about how their organizations serve the community.

The Community Market is proud of the quality products offered at "*the best little Market in the East Cape*". Its Holiday season so bring your family, friends and neighbors to La Laguna Park **Saturdays from 9am-12 pm.**

See you at the Market!

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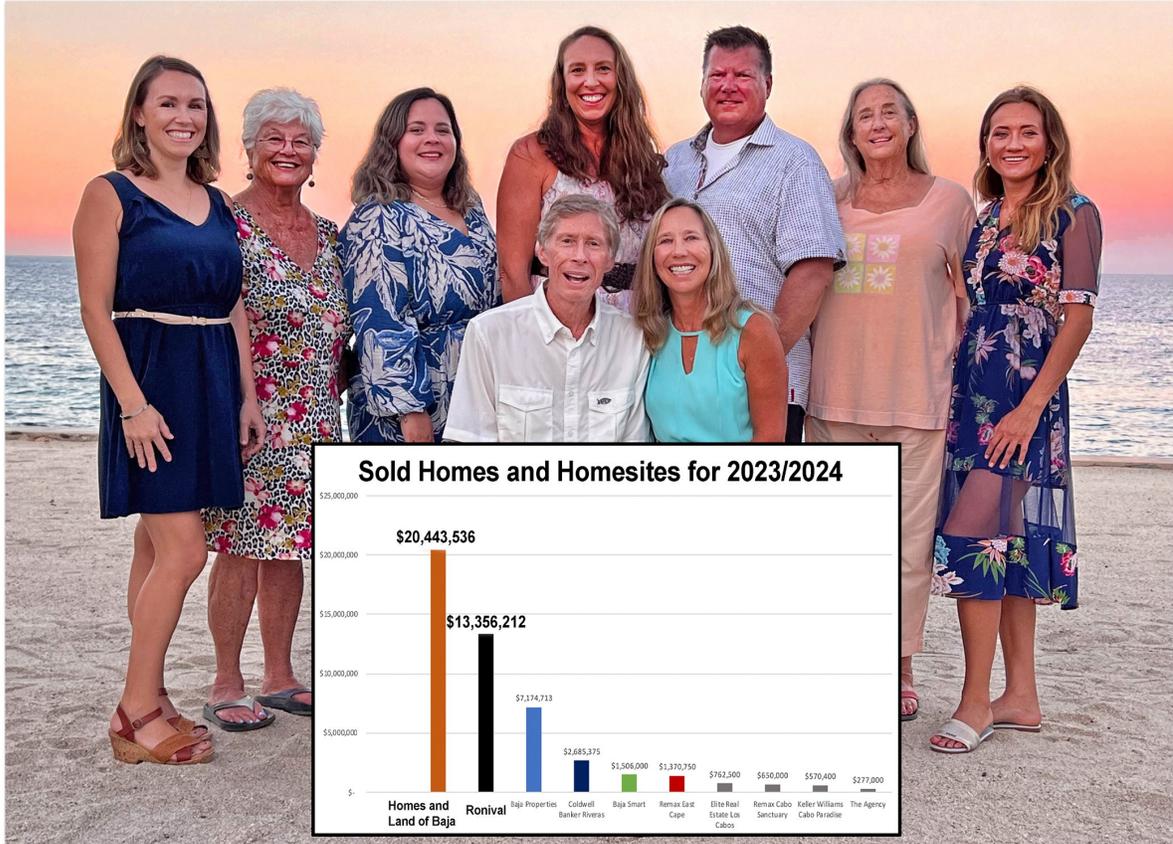
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We would like to thank all our new buyers and sellers for their support! To all of you new sellers, the market is still good so let us know if you would like to sell your home or homesite. Our Office is in the center of Los Barriles in the Palapa building next to the yellow Tiki Bar in the big parking lot. We are also across the street from the veggie stand.

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